

EXTENSION **EXPRESS**

The newsletter for

Volume 14 Issue 1: January-February 2017



Cornell University
Cooperative Extension
Chenango County

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GOOD-BYE TO STACIE EDICK

Stacie Edick has been working at CCE Chenango since 2009 when she was hired to coordinate the Community Gardens program. After expanding the Norwich Community Garden and helping with the creation of new Community Gardens in Oxford, Bainbridge, Cook Park in Greene, Friends of Rogers in Sherburne and Afton and McDonough, Stacie created the Grow Cook Eat program and secured funding from the Chenango United Way in 2012. That program just finished its fifth year (see page 4). In 2015 Stacie started the Grow Cook Serve program (also with CUW funding) which has donated

hundreds of pounds of produce to food pantries and soup kitchens throughout Chenango County and taught container gardening to food pantry clients and Head Start families. While she was here at CCE Chenango, Stacie completed Master Food Preserver training and Master Gardener Volunteer training which will allow her to continue hanging out at the CCE Chenango office as a volunteer and managing the Norwich Community Garden. We have enjoyed working with Stacie for the past 7 years and wish her the best of luck in her future endeavors.



Stacie Edick at the first Grow Cook Eat graduation in 2012, with John Knapp who later became her fiancé

VOLUNTEERS NEEDED FOR VITA PROGRAM

With tax season quickly approaching, the CASH (Creating Assets Savings and Hope) Coalition of Chenango and Madison Counties is looking for volunteers to participate in the Volunteer Income Tax Assistance (VITA) program to become IRS-trained and certified tax preparers for families who earned less than \$54,000 this tax year. No prior experience is necessary and training and testing may be completed online.

Volunteers will receive training to provide free tax help for low-to-moderate income families who need assistance

preparing their tax returns. The volunteer sites are located at locations throughout both counties and the hours are flexible. Many people will qualify for this free program for the first time this year due to economic changes in their income or changes in their marital or parental status according to the IRS. The agency estimates four out of five eligible workers currently claim their Earned Income Tax Credit.

Evening and weekend appointments will be available Thursdays and Saturdays, January through March at locations

throughout Chenango and Madison counties for those individuals needing assistance. For more information about volunteering for the VITA program, contact Alice Andrews at 607-334-5841 ext. 18 or email: ama42@cornell.edu



Connect With Us!

www.cce.cornell.edu/chenango [YouTube.com/CCEChenangoCounty](https://www.youtube.com/CCEChenangoCounty) [Facebook.com/CCEChenango](https://www.facebook.com/CCEChenango)



THE GREEN LIE: GRASSLAND VERSION

BY RICH TABER, CCE CHENANGO

At the time of this writing in mid-December I look out the window onto a frozen landscape, with cold northwest winds howling and snow blowing across the tundra like landscape. I think of those warm sunny summer days, and all of the hay I put up for my livestock this past year, and also grazed. I think of those beautiful green fields of pasture lands and hay lands that those grasses grew on, and then I also think of “The Green Lie”. “The Green Lie” is a term coined by a forestry colleague of mine that refers to woodlots that have been pillaged of all their good timber trees, leaving only stunted, weedy species growing, with no planning for the future and leaving behind a ravaged forest. From a distance, after such logging jobs occur, you can still see green trees growing, the birds are twittering, and all looks deceptively well; “The Green Lie” if you will. The woods are still there, right?

I have come to observe version two of the “Green Lie, the Grassland Version,” all too many times in recent years. This typically occurs on lands that have slowly gone out of active farming, and may now be purchased by a new and aspiring landowner. The lands may have had hay “taken” from them each year by a neighbor, but with few or no inputs such as lime, seed, manure, and fertilizer added in a long time. Maybe too the lands have been repeatedly grazed year after year, also with no inputs added. From a distance, there will be green grass growing and all will look well, but the grasses and soils are limping along at a fraction of their potential.

So when our new landowner decides to do a soil test, they get a shock when they find out that these lands have been strip mined of nutrients for years, and now it's going to cost them a fortune of money to bring them back up to speed. Lime, seed, fertilizer, manure, and preparation all take a lot of time, money, machinery, and effort to apply.

Our hay and grazing lands need a soil pH (which measures soil acidity) level of around 6.2 to 6.5 to grow most agronomic

species. If you want to grow some high octane legumes like alfalfa, you will need pH levels of up near 6.8 to 7.0.

So our new farmer does a soil test, and they find that their soil pH levels are way down around 5.6 or so, which will hinder the growth of grasses, because all of the soil components which attract nutrients are bound up by acids. The soil test may tell them that they need to add four tons of lime to the acre, and they have 75 acres of hay land, and now need to purchase 75 acres times 4 tons per acre times \$50 a ton for lime spread. This works out to about \$15,000 for the 300 tons of lime needed. Now, to add insult to injury, we find that the lime we purchase only has a neutralizing value of 60%, so we have to divide 300 by .6 to get 500 tons of actual spread lime needed. Now we are up to \$25,000. This works out to over \$300 to the acre just to get the soil pH level back up to speed.

What is the take home message from all of this? You need to manage your soil fertility levels every so often with maintenance levels of lime so that you don't end up spending exorbitant amounts of money all at one time! If you don't lime and replace nutrients, your yields can be way down around only 1 ton of forage dry matter per acre per year, despite the Green Lie making you feel warm and fuzzy about that green growing forage that will still grow. Well maintained soils in Chenango County can produce 4-5 tons of forage dry matter per acre per year. As the winter winds howl and the snow drifts in is a good time to plan for next year's cropping needs. Get those soils tested, and maintain those soil pH and nutrient levels!

Rich Taber is Grazing, Forestry, and Ag Economic Development Specialist with CCE Chenango. He lives on a farm in Madison County with his wife Wendy where they grow a variety of hay crops, graze, and raise beef cattle, sheep, and pastured poultry, on their steep, acid prone soils. He can be reached at 607-334-5841 ext. 21 or email” rbt44@cornell.edu.

CALENDAR

Jan 1 - 4-H Sewing Scholarship Applications Due

Jan 6, 13, 20, 27 – Horsebowl and Dairybowl Practices @ CCE

Jan 16 - 4-H Sewing Trip to Jo-Ann Fabrics in Cortland, 9-1pm

Feb 3, 10, 17, 24 – Horsebowl and Dairybowl Practices @ CCE

Feb 4 - 3rd Annual 4-H Super Science Fair, 9-noon, SUNY Morrisville, Norwich Campus

Feb 15 - 4-H Animal Science Committee Meeting, 7pm CCE

Feb 18 - 4-H Public Presentations

Feb 20-24 - 4-H Sewing Camp, 9-noon

Feb 23-25 - NYS Farm Show, NYS Fairgrounds, Syracuse

Mar 1 - 4-H Livestock Scholarship Applications Due

Mar 3 - Horsebowl and Dairybowl Practices @ CCE

Mar 10 - Horsebowl Practices @ CCE

Mar 11 - 4-H Horsebowl, Hippology, and Dairybowl Contests, Chenango Forks Elementary School

Mar 17 - 4-H Sewing Spectacular, 7pm

Mar 18 - March Dog Madness, Cornell University

Mar 20-24 - Ag Literacy Week

Mar 25 - Dairy Discovery, Cornell University



WHAT: An annual conference for adult and teenage 4-H volunteer leaders. Workshops engage participants in science based information training. Current animal health, animal behavior, industry trends and youth development issues are addressed. Since 2002, guest presenters have included stakeholders, extension professionals, community and youth experts.

WHEN: March 18, 2017

WHERE: Morrison Hall (507 Tower Rd, Ithaca, NY 14853) and the Livestock Pavilion on Judd Falls Road, Cornell Campus, Ithaca.

WHO: All interested staff, adult and teen 4-H leaders are invited to attend this one day information packed program. Dog project leaders engaged in local community training programs are strongly encouraged to attend. Presentations from a variety of experienced professionals may include: Cooperative Extension Staff, County Volunteers, Cornell University Veterinarians, community collaborators, etc.

WHY: This program helps community leaders understand and practice principles that they can take back and share with 4-H members at the local level. Adult and teen leaders gain networking skills, exchange ideas and have an opportunity to work together in a university setting.

LUNCH will be provided. To cover the cost of lunch and program materials, there is a charge of \$30.00 per person. There is a limit of 20 people per concurrent workshop. Registrations and payment are due by March 11. Space is limited to the first 100 people whose PAYMENT is received by March 11.

Online registrations will require payment by credit/debit card. Paper registrations must be accompanied by a check. Multiple paper registrations may be grouped together and paid for by a single check if desired

For more info: <http://4h.ansci.cornell.edu/events-2/march-dog-madness/>

DAIRY DISCOVERY

March 25, 2017 • Cornell University

This year's topic will be: **WHOLE FARM MANAGEMENT AND ANALYSIS**

Dairy Discovery is an opportunity for dairy interested youth of various knowledge levels to come together and learn about many aspects of the dairy business and production management. It is bringing the future of the industry together in one location to share knowledge and experience's to better prepare and gain a broader perspective of the dairy field. Having a general understanding of nutrition, reproduction, milking procedures, animal health, housing, and financial management is important for operating or owning a dairy business and preparation for dairy careers. Along with having an understanding of these areas, it is important to apply this understanding to the real world of a working dairy business.

If you are interested in attending, please contact Janet for registration, jl27@cornell.edu or **607-334-5841 x12**. Cost of the program is \$45 and spots fill up fast. Trip leaves CCE at 7am and returns between 5-5:30pm.





2016 Grow Cook Eat Graduates and staff left to right: Brandon Woodcock, Peter Hudiburg, Nancy Timperlake, Stacie Edick, Alexis Woodcock, Bradley Winner, Lillian Finger (guest), Jane Coddington, Lebbie Larson. Not pictured Shayne Curtis, Connie Chambers, Jacquie Foster and Sarah Mott.

GROW COOK EAT PROGRAM GRADUATES FIFTH CLASS AND RECRUITS FOR NEXT

The Grow Cook Eat program graduated its fifth class on December 13, 2016. 11 individuals completed the program and celebrated their accomplishments with a potluck dinner at Cornell Cooperative Extension of Chenango County. This Chenango United Way funded program was designed to give participants an integrated and holistic program so that the whole experience would be greater than the sum of its parts.

Each participant was provided with a community garden plot, container garden or support for gardening in their own yard. Requirements for graduation included taking 5 gardening classes, 6 cooking and nutrition classes, 3 food preservation classes, 3 YMCA physical fitness classes or group activities, personal goal setting and evaluation sessions, and completing 10 hours of volunteer work in the community. Several participants exceeded these goals and two participants took a total of 23 classes during the year!

"I enrolled in GCE to expand my knowledge and skills in gardening and preserving produce. Even though I had experience in these areas, I learned a great deal in each class. This is a very good quality program and I am very happy that I participated," said Jane Coddington.

Participants reported that they were eating healthier by using produce from their gardens, shopping at the farmers market

or farm stands and using healthier recipes. Many reported increased physical activity through gardening, YMCA classes and walking. They were also using coupons and saving money by checking sales and preparing a shopping list. And they are modeling these behaviors to their families, coworkers and students or clients.

Grow Cook Eat will begin recruiting participants for the 2017 program in January under the new program coordinator Alexis Woodcock. Alexis is a graduate of the 2016 class and is very excited to continue the program in 2017. "We are looking for a diverse group of adults to participate in the program again this year. We want to attract people of different ages, income levels, education levels, and people with various levels of experience and skills in gardening, cooking and food preservation," said Alexis Woodcock.

"I am happy to pass the direction of this program off to Alexis," said Stacie Edick who created the program and has been coordinating it since 2012. "Alexis is so enthusiastic and passionate about growing food, cooking and preserving, I know she will do a great job."

If you are interested in applying to the Grow Cook Eat program please call 607-334-5841 ext 20 or 11 to request a brochure with application be sent to you. Applications will be sent as soon as they are finalized in January 2017.



NEW YEAR'S LENTIL SOUP

(MAKES 8 SERVINGS)

Ingredients:

¼ cup extra virgin olive oil
1 medium onion, chopped
2 large carrots, diced
2 celery ribs, diced
½ tsp. oregano
½ tsp. sage
½ tsp. rosemary
½ tsp. thyme
1 tsp. fennel seeds
1½ cups dry lentils (green or brown variety)
½ cup barley pearls
8 cups low-sodium chicken or vegetable stock
1 cup frozen spinach
1 teaspoon salt
Black pepper to taste

Instructions:

1. In a large soup pot, heat the oil over medium heat.
2. Add onions, carrots, celery, all the herbs and fennel seeds. Cook for about 10 minutes, stirring occasionally.
3. Add lentils and barley and sauté another 1-2 minutes, stirring to make sure they don't burn or stick.
4. Add chicken or vegetable stock. Bring to a boil, then reduce heat and simmer for 90 minutes, or until lentils are soft.
5. Add spinach, salt, and pepper. Simmer another 10 minutes. (Add more water or stock if needed for desired consistency)
Serve hot.

Nutrition Facts

Serving Size (337g) - Makes 8
Servings Per Container 12 oz servings

Amount Per Serving

Calories 250 Calories from Fat 70

% Daily Value*

Total Fat 8g 12%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 470mg 20%

Total Carbohydrate 35g 12%

Dietary Fiber 8g 32%

Sugars 3g

Protein 10g

Vitamin A 60% • Vitamin C 4%

Calcium 4% • Iron 15%

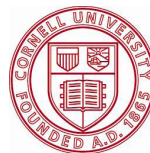
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities. This material was funded by USDA's Food Stamp Program and Expanded Food and Nutrition Education Program.

Source: Recipe modified from
Youbeauty.com



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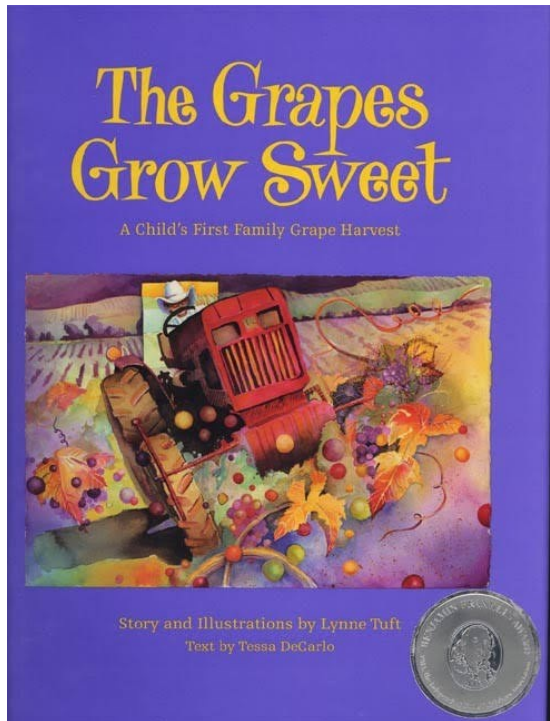
SOUTHERN TIER REGION

EAT SMART NEW YORK PROGRAM

Agricultural Literacy Week

March 20-24, 2017

Perfect for
Pre-K—2nd Grade
Classrooms

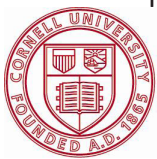


Help your students make the connection between local farms and the grapes that they eat! **Winner of the Benjamin Franklin Award.**

For the first time, four-year-old Julian is old enough to take part in the grape harvest on his family's vineyard. Through Julian's wonder, *The Grapes Grow Sweet* offers a captivating glimpse of growing up on a family vineyard in wine country. Readers follow the development of the grape from bloom to harvest, and see up close the animal and plant life of the vineyard.

- Each school will receive a complimentary book of *The Grapes Grow Sweet* by Lynne Tuft and Tessa DeCarlo.
- Each classroom will receive complimentary lesson plans from NY Ag in the Classroom that align with New York learning standards.
- Volunteers are available to read to your classroom as well as bring in produce and other learning aids.

To schedule an Ag Literacy Week reading or to sponsor a book, please contact:



Cornell University
Cooperative Extension
Chenango County

Janet Pfromm, 4-H Educator

697-334-5841 x12 or jlp27@cornell.edu

For more information on
Agricultural Literacy Day, visit:
www.agclassroom.org/ny





2017 4-H SEWING CAMP



Dear 4-H Members,

In an effort to better teach sewing skills and create lasting projects, this year's 4-H Sewing Camp will offer the following projects to sew:

Beginner (1-3rd year, dependent upon sewing experience):

- Fleece Winter Hat with Matching Scarf & Mittens

Junior (3-5th year, dependent upon sewing experience):

- Pajama Pants with appliqued matching t-shirt
- Tote Bag
- Bonus Project: Wash Cloth Slippers

Experienced (5+ years, dependent upon sewing experience):

- Clothing item or accessory with zipper or buttons
- Clothing item or accessory with pleats, darts, or waistband

Members interested in sewing a project not on this list must contact Janet at the 4-H Office to make arrangements, jlp27@cornell.edu or 607-334-5841 x12.

2017 4-H SEWING CAMP SCHEDULE

February 20-24, 2017

- 9am Sign-In & Sew
- 10:30am Snack & Stretch Break
- 10:45-12pm Sew

In addition to making your main project, campers will learn how to measure themselves to pick the right sized pattern, create smaller sewing projects, and make a project to donate as part of a community service project!



2ND ANNUAL 4-H SUPER SCIENCE FAIR

SATURDAY, FEBRUARY 4, 2017

9AM-1PM

COMMUNITY ROOM @ MORRISVILLE STATE, NORWICH CAMPUS

What are you curious about?

Ever wonder how something is made or why something happens a certain way?

Then join Chenango County 4-H for it's 3rd Annual 4-H Super Science Fair!

This is your chance to learn something new and teach others too!

Categories:

*Research Poster Presentation

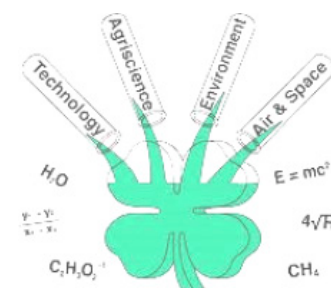
*Research Experiment and Poster Presentation

Judging at 9am with award recognition at 12:30pm.

Each 4-H member participating will receive a science learning kit.

To find out more, check out Chenango County 4-H @

<http://chenango.cce.cornell.edu/4-h-youth-development> or <https://www.facebook.com/chenango4h>



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A Scientific Solution



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 2017 BOARD OF DIRECTORS**

**Cornell Cooperative Extension Chenango County 2017 STAFF
 (607) 334-5841 OR 334-9972**

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to be elected January 17

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Greg LaMonica	Julie Ives

The Cornell Cooperative Extension of Chenango Count Board meets every third Tuesday of the month at 7 PM in the Satellite Room at 99 North Broad Street, Norwich, NY. Please feel free to join us!

Kenneth Smith (Ext. 19)
 Executive Director
 kas294@cornell.edu

Alice Andrews (Ext. 18)
 Finance & Operations
 ama42@cornell.edu

Dave Balbian
 (518)-312-3592
 Area Dairy Management
 Specialist Central NY Dairy
 & Field Crops Team
 drb23@cornell.edu

Alexis Woodcock (Ext. 20)
 Grow Cook Eat /
 Serve Coordinator

Kevin Ganoë
 (315) 866-7920
 Field Crop Specialist
 Central NY Dairy & Field
 Crops Team
 khg2@cornell.edu

Cindy Gardiner (Ext. 11)
 Administrative Assistant
 cag255@cornell.edu

Dennis Madden
 Building Custodian

Rich Taber (Ext. 21)
 Grazing/Ag Economic
 Development Specialist
 rbt44@cornell.edu

4-H Youth Development

Janet Pfromm (Ext. 12)
 4-H Coordinator
 jlp27@cornell.edu

Richard Turrell (Ext. 15)
 4-H Volunteer Coordinator
 rlt229@cornell.edu

**Eat Smart New York-
 Southern Tier**

Betty Clark (Ext. 32)
 Eat Smart NY
 Program Coordinator
 blc28@cornell.edu

Elizabeth Coffey (Ext. 33)
 Nutrition Teaching
 Assistant
 eac253@cornell.edu

Whitney Kmetz
 (Ext. 33)|Nutrition Teaching
 Assistant
 wdg43@cornell.edu

Neisa Pantalia (Ext. 33)
 Nutrition Teaching
 Assistant
 nmp52@cornell.edu